

# DHARUMBALINK

Spring 2019, ISSUE NO 13

Connecting our Community

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MAGAZINE  
ONLINE @  
[southcoastams.org.au](http://southcoastams.org.au)

## NAIDOC

**VOICE. TREATY. TRUTH**

A record turnout  
for the Shoalhaven

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## Pyjama Day

Celebrating for a cause  
close to our hearts

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## Can you help?

### KOORI KIDS NEED FOSTER CARERS

Help our kids stay connected  
to culture and community

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## SORRY DAY BRIDGE WALK

See page 7

South Coast  
Medical Service  
Aboriginal Corporation





"To us, health is about so much more than simply not being sick. It's about getting a balance between physical, mental, emotional, cultural and spiritual health. Health and healing are interwoven, which means that one can't be separated from the other."

Dr Tamara Maclean  
Aboriginal Doctor

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# CEO round up

It's been another busy and interesting few months since our last update and firstly, I'd like to thank our Board and staff for their ongoing commitment and support to our organisation. With many new positions becoming available, our Board has been kept busy participating in the interview process and ensuring we are getting the best possible candidates for our services and programs.

Some of our Board members also attended The National Indigenous Women's Conference held in Alice Springs during July. Empowering Change was the 10th conference in the series bringing together Aboriginal and Torres Strait Islander women, Elders, health professionals and community workers from around the country. The conference aims to encourage and stimulate positive discussion around health and wellbeing that can be used in our work environment and communities to further develop strength, unity and education.

Our Governing Committee and Management team have also been busy in consultation with architects, planning the upgrade to the Jane Ardler Centre, scheduled to start at the beginning of next year. Great care has been taken to ensure the new design supports our holistic approach to health and wellbeing, and provides an optimal patient journey for our clients.

In June this year, some of our team along with myself, attended the National Forum on Child Protection, held in Darwin. The forum brought together delegates from across the country to hear speakers from the government, family services and legal sector. The forum looked at ways to improve Australia's child protection systems, develop collaborative partnerships with Aboriginal and community organisations, and develop cultural competency within child protection bodies to better engage with Aboriginal and Torres Strait Islander families. Our Management team were able to share information with the various sectors and came away with positive strategies to continue supporting children and young people in our communities.

In closing, I would also like to take the time to acknowledge our members and key stakeholders for their support, as we continue our journey towards improving Aboriginal health outcomes for our community.

**Craig Ardler**

## We encourage you

to give us your feedback, comments  
and suggestions via our website:  
**[www.southcoastams.org.au](http://www.southcoastams.org.au)**

If you would like us to include information  
about your initiative or organisation in  
Dharumbalink Magazine, or you would like to  
submit an article, please contact us by email:  
**[communications@southcoastams.org.au](mailto:communications@southcoastams.org.au)**  
or call: **(02) 4448 0200**



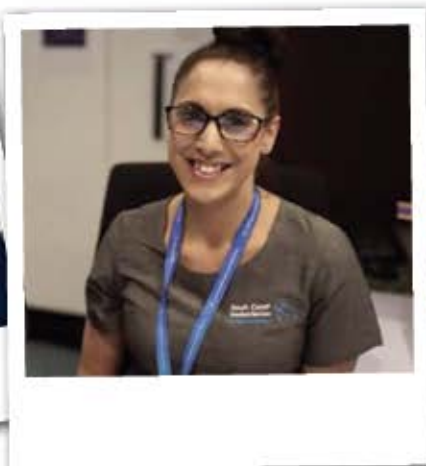
## NEW LOOK FOR OUR TEAM

You may have noticed that gradually over the past year we have updated our logo and branding. We have a new look uniform in a range of styles showing our updated branding.

The Green Sea Turtle is the totem of our founder Jane Ardler and has always been at the heart of who we are and what we do. The new branding was developed to reflect our history, our community, our culture, and our focus on holistic health and wellbeing.

With community and staff consultation, we settled on our new colour scheme. The primary colours reflect our coastline, the green sea turtle, and it's ocean home. Our secondary colours represent the sand, the earth, and our people.

If you drop in to one of our locations you'll see our staff wearing this new look uniform, and you'll soon see our kids at Boori Preschool wearing our new look too.





# WANT TO WORK WITH US?

## **PSP Team Leader Intake and Compliance**

*Full Time - Nowra*

The PSP Team Leader is responsible for successfully coordinating a team of PSP Workers, Preservation Caseworkers, & Community Support Officers, to ensure the effective delivery of services & support to foster carers, children & young people & families. Recruitment, training & assessment may also be an essential part of the PSP Team Leader's position.

## **PSP Team Leader Carer Recruitment**

*Full Time - Nowra*

The PSP Team Leader is responsible for successfully coordinating a team of PSP Workers, Preservation Caseworkers, & Community Support Officers, to ensure the effective delivery of services & support to foster carers, children & young people & families. Recruitment, training & assessment may also be an essential part of the PSP Team Leader's position.

## **PSP Community Support Worker**

*Casual - Nowra, Batemans Bay,  
Far South Coast, Goulburn*

We are seeking to recruit a team Community Support Officers (CSO) in our Permanency Support Program to provide supervised contact/transport services, mentoring & crisis care. This is an exciting opportunity for suitable applicants to be part of our Non-Placement Support Services (NPSS) team who will form a positive presence within the community.

## **Wellbeing Counsellor**

*Full Time*

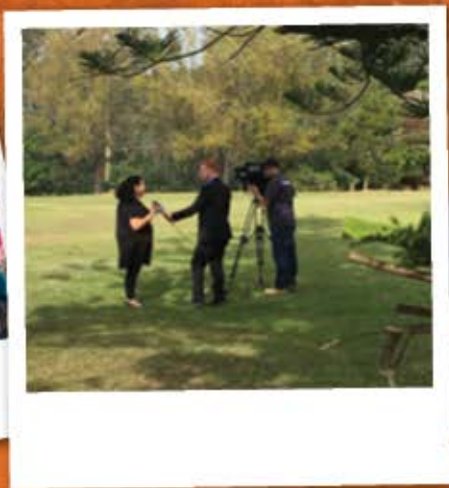
The Wellbeing Counsellor position will provide counselling support for Aboriginal and Torres Strait Islander people who have been effected by past trauma, dispossession, separation of families, ongoing social disadvantage, racism & other historical, social and emotional wellbeing issues.

Visit our website for details:  
[southcoastams.org.au](https://southcoastams.org.au) or

**SCAN HERE TO  
FIND OUT MORE**











# NATIONAL SORRY DAY



On Friday 24th May, hundreds of residents and visitors gathered in Nowra to take part in the National Sorry Day Reconciliation Bridge Walk.

People from our local Aboriginal Communities, non-Indigenous communities, kids from our local schools, government and non-government organisations, and groups from Sydney and surrounds, all joined together in the three kilometre walk from Moorehouse Park across the bridge and up to Bomaderry Homes.

The walk was lead by dancers and didg players from St John's Catholic School. There were clapping sticks and banners and local traffic beeping and cheering as they drove past.

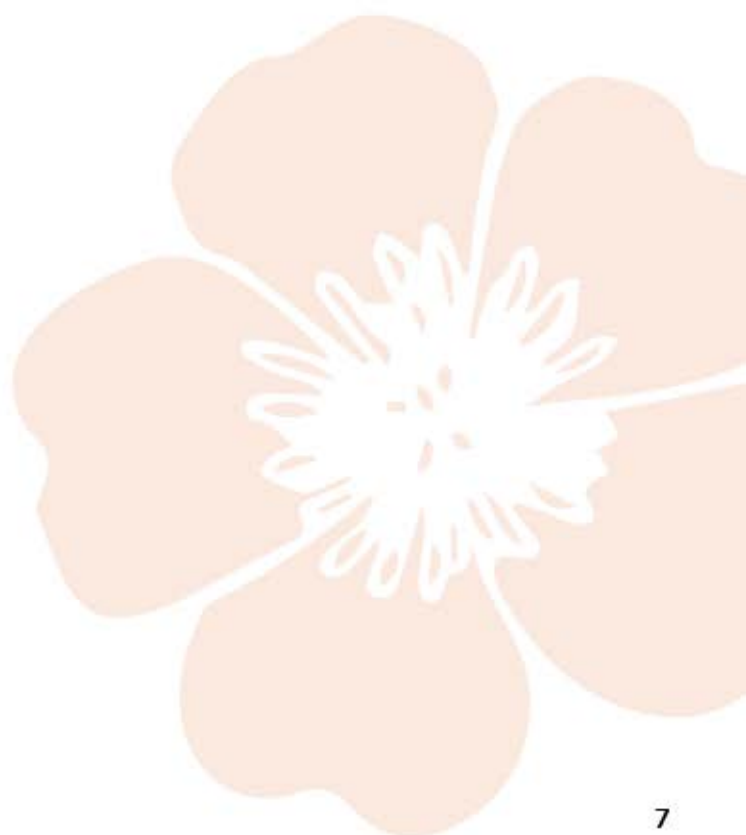
Sharlene Cruickshank was the driving force behind the event. This was her fifth Reconciliation Bridge Walk. Sharlene spoke about the origins of the Sorry Day Walk on local tv:

“ I wondered how we could do something as a community to commemorate Sorry Day, so one day I went to my boss and said I wanted to do something. “I want to organise a community event and walk over the Nowra Bridge”. My boss replied, “Well, go do it”. Now we are in our fifth year and this event gets bigger each year. ”

Uncle Willy Dixon and Aunty Christine Blakely, both members of the Stolen Generation and who were residents of Bomaderry Children's Home gave moving speeches on the day.

The event included entertainment from local performers, storytelling and lunch. There were photos on display showing the homes and children who lived there all those years ago.

A big thanks goes to our wonderful team who did an amazing job organising the event. Our Linkers team kept everyone safe while crossing the major roads and our Health and Wellbeing team providing a lovely lunch for all who attended.



What's been happening in ↗

# Shared Services ....A yarn with Ross

Wow!....what a big couple of months we've had, I don't know how we fit it all in. Maybe it's because of how AWESOME everyone is!!

## What has been the highlight of the year for your team?

Probably the stand out project achievement was Communicare. Although, I would not use the word 'highlight', as I lost even more hair from the stress – if that's possible! We are now six months in and there is still a lot of work to do, but overall we have some great insights since go-live.

Despite some transitional difficulties for a small number of staff, implementing Communicare has enabled us to achieve two of our long-outstanding operational goals;

1. to reduce the number of data sources for Health and Wellbeing Services (previously separate sections; Primary Health and Social Health), and
2. to provide a central database for all Wellbeing Programs and Client Services. Essentially, Communicare is the chassis and the engine for multi-disciplinary services such as AMS's – we are the mechanics, drivers, and occasional panel beaters!

Improved systems and greater automation allow us to spend more face-to-face time with Community, improving overall healthcare for individuals.

## Why did you decide to make the change to Communicare?

Why? Well, we knew that the previous software was ok for GP's and some clinical staff, but it did not meet the needs of the wellbeing staff or programs. As a holistic multi-disciplinary health service, we

had a multitude of data sources, such as Excel spreadsheets, Word documents, as well as the old Ferret and Medical Director databases. In addition to fragmented data collection, multiple data sources caused significant challenges for managers and team leaders in gathering accurate stats, quickly and efficiently. Ferret and Medical Director also allowed for unmonitored 'non-extractable, free-text notes'. This directly impacts on data reporting requirements meaning; the boxes that need ticking for us to receive funding, weren't being ticked.

## How did you pull this off?

How we did this was really all down to getting a good team of people together, lots of organisational consultation, months of planning and dozens of late nights.

## Is there someone on your team who you'd like to highlight?

I'd really like to acknowledge the whole of Shared Services team. We are a relatively new part of SCMSAC, but even now we can see major areas of improvement. It's so hard to choose as all Shared Services team members are awesome, but if I had to choose one person, keeping in line with the Communicare project mentioned above, I'd like to highlight Chrissy Dreisen. She was a solid support during the months of Communicare configuration. Chrissy is now the Claims Admin and Systems Support Officer for Shared Services. Chrissy works very closely with Nathan and his team of Health and Wellbeing staff to maximise Medicare revenue and streamline Communicare to best meet Community needs. Chrissy is ready to help out wherever she can, and supports reception as a mentor and leader too.



### Are there any new changes to your team?

Yes. As mentioned before, Shared Services is pretty new. For those that don't know much about Shared Services – see the graphic below to get an idea of the areas we cover. Shared Services supports the whole organisation in many ways. We have a growing team of subject-matter experts focussing on improving the overall functioning and public image of SCMSAC. They are:



**Alison Carter** our specialist in legal support and policy development.



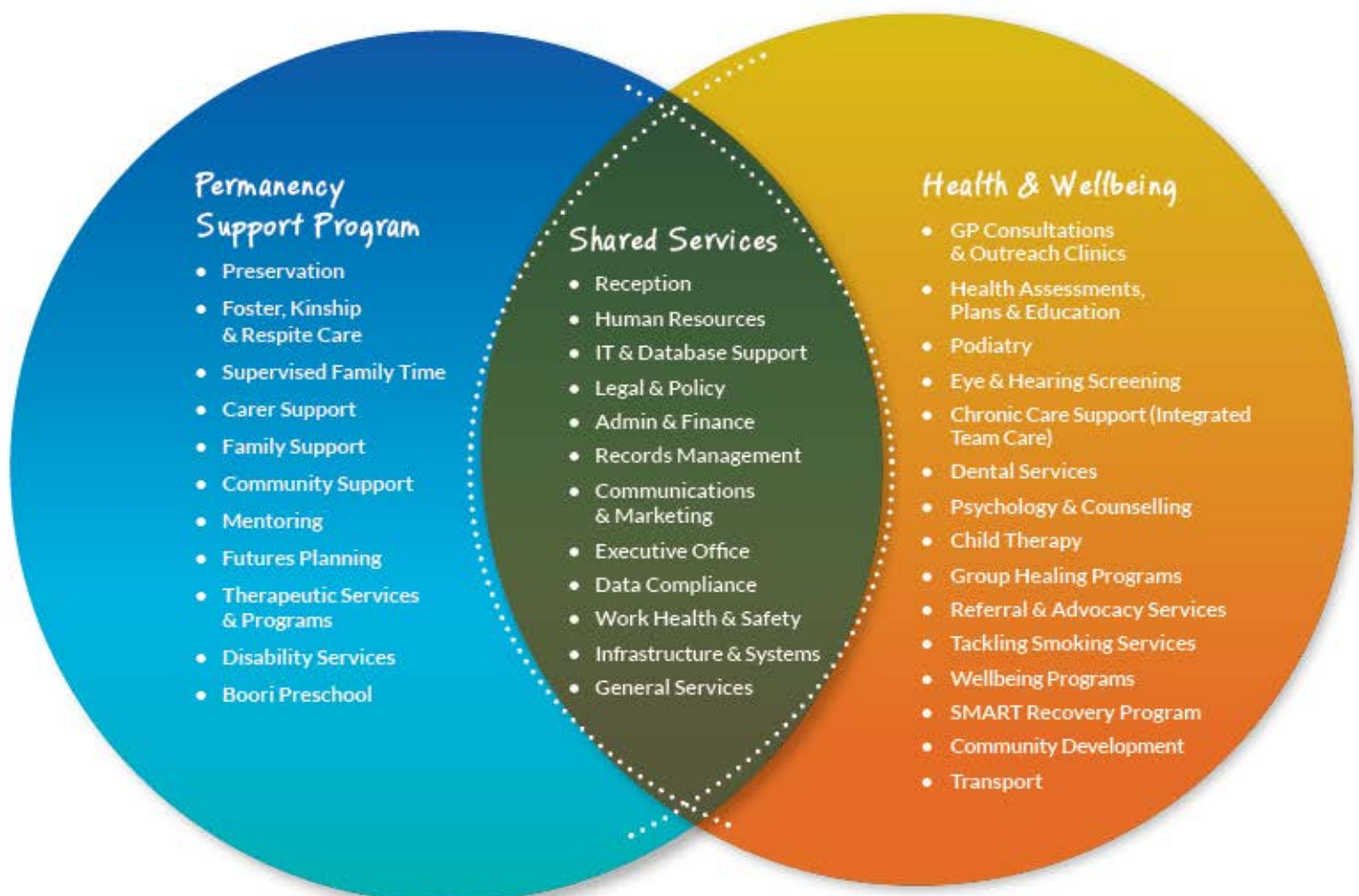
**Janice Brown** our graphic designer and go-to for all things to do with communications and marketing – and responsible for this fabulous Dharumbalink!



**Annie Hilzinger** focuses on Records Management and PSP systems support.



**Chrissy Dreisen** handles claims admin and systems support for Communicare.





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- 🎯 **Michael Wilson-Craig** is our IT technician. Michael specialises in networking, systems and infrastructure (amongst other things) and is our resident problem solver.
  - 🎯 **Emma Bennett** is our dedicated Human Resources Officer, with new team member Tamara Hopcroft as HR Support Officer.
  - 🎯 **Lisa Ardler** coordinates the General Services team, including transport and maintenance with the rest of the transport team; David Pringle, Bruce Sutton and Roy Bloxsome.
  - 🎯 **The H&WB reception** at the Jane Ardler Centre are part of the Shared Services team too. They are such an important part of the organisation as a whole, and I am so grateful to all of them for their dedication to quality front-of-house service delivery and key patient data collection.
  - 🎯 **Our admin team** comprises of Phil Wright, Emma Donley, Rhonda Nye, Michyla Braddick, and Britt Marie-King. This wonderful team handles all our finance and admin duties.

### *Are there any team anniversaries or milestones you would like to share?*

Yes. CDS the OOHHC/PSP database has just turned one and is going great! For those that have not seen the Power BI Dashboard reports, feel free to book in a time with me to check out our visuals. I'd really like to discuss further development in this area with other sections of the Organisation.

We also have other items happening in the background:

- ✓ The new vehicle GPS and fleet monitoring devices have been installed.
- ✓ The new Intranet (Sharepoint 365) will begin development this month.
- ✓ The Jane Ardler Centre upgrade Capital Works project. Plans should be completed by September, with construction set to start around the end of March 2020.
- ✓ New PSP modules going live this month for Family Preservation.
- ✓ Our Dental database has been updated to a new system called Titanium.
- ✓ Leadership retreats and new team development opportunities.....watch this space.
- ✓ Network security testing and audit.
- ✓ HR and other compliance dashboards under development.
- ✓ NDIS Database trials.

Well, that's it for now. Thanks for reading!



# Are you about to have a Boori?

Get your  
FREE BOORI  
BAG HERE!

We have a beautiful Boori Bag filled with goodies for you and your little one, handmade with love and care by Auntie Colleen, Elaine, and the team at South Coast Medical Service Aboriginal Corporation.

If you are pregnant or have recently had a baby, all you need to do is leave your details with our SCMSAC team & we'll deliver one to you.



South Coast  
Medical Service  
Aboriginal Corporation



CONTACT STACEY OR CHERYL

☎ (02) 4448 0200 / option #2

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@ [familysupport@southcoastams.org.au](mailto:familysupport@southcoastams.org.au)

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*Boori Preschool is a service provided by South Coast Medical Service Aboriginal Corporation. We cater for Aboriginal and/or Torres Strait Islander children from 3 years of age until they start school.*

*We offer a school readiness program and each child is offered the opportunity to meet their full potential through the Early Years Learning Framework. The routine in the centre is flexible and will be based on the children's and families interests and input.*

SCAN HERE TO  
ENROL AT BOORI





## What's been happening at ↴ Boori Preschool



Our Boori Preschool offers preschool services to families at the reduced fee of \$5 per day. The school operates 30 hours per week for 41 weeks of the year. Enrolment numbers are steadily increasing, however we still have spaces available. We have a Boori Bus service that operates daily to help local families maintain consistent attendance.

A wide range of programs are run at our preschool including;

- ☉ SWAY - *Sounds, Words, Aboriginal language and Yarning.*
- ☉ Capacity Building Program - assists children with additional needs including autism, behavioural needs etc. This program also assists staff with new ways to document and support children's needs, and also provides learning opportunities and resources for staff.
- ☉ Other programs available include, Speech Therapy, Lets Read, Lets Count, Early Linkers and NDIS associated programs (*assisted by NOAHS*).

New resources at Boori are being put to good use with staff and children loving utilising this new equipment. Our new world globe is helping the children when learning about Antarctica, the continents, and the planets. The children have been making Antarctic dioramas and learning about the animals, climate, and people in Antarctica.

The children have been enjoying a weekly bushwalk behind the preschool where they have been making mud pies and cakes, and using sticks to pretend to fish in the puddles we find. This has been a wonderful extension of the SWAY program where they have been learning about Aunty Lois and her fishing yarn. This is a great way for children to learn about their natural environment, nature, and caring for the environment.

The children were excited when two of our local police officers came for a visit. They liked chatting to the police officers and having their photos taken with them. We also had a spontaneous visit from WIRES after we found an injured bird. The children loved helping the WIRES representative release the bird back to its natural environment, and received a thank you certificate from her afterwards for their efforts.

We celebrated National Sorry Day by participating in the Sorry Day walk over the Nowra Bridge. Both children and Educators learnt more about our local history, and the history of the Stolen Generation.

On the 2nd of August Boori Preschool celebrated Children's Day with a SNAICC event at the school. There were plenty of fun activities to enjoy including a mobile zoo, traditional Smoking Ceremony, traditional dancers, face painting, arts and crafts, lunch and much more.

### Our Plans

We are planning to create a school readiness program for our children who will be attending East Nowra the following year. Our Boori's will attend school for a couple of hours, one day a week. They will meet their peers and teachers, access the library, canteen and other school facilities, and get familiar with "big school". We want to bridge the gap between the familiar and unfamiliar, and help our kids feel more comfortable when making the transition.





# Vacancies at Boori Preschool

kids aged 3-5 years are welcome to enrol now!

**From as little as \$5 per day!\***

*\*eligibility criteria applies*



*We are co-learners with children, families and the community and value the richness of local knowledge shared by the community especially Aboriginal and Torres Strait Islanders. We respect individual uniqueness of families, children and educators developing a further sense of belonging which contributes to a culturally inclusive environment.*

*Enrolments will be considered according to the following priority of access:*

- 🎯 *First priority: Children of Aboriginal descent or who are recognised as part of the Aboriginal community*
- 🎯 *Second priority: Children from low income families*
- 🎯 *Third priority: Children in the care of single parents/carers.*



**South Coast  
Medical Service**  
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**CONTACT US TODAY:**

- ☎ (02) 4448 0200 or 1800 215 099
- 🌐 [www.southcoastams.org.au](http://www.southcoastams.org.au)
- @ [boori@southcoastams.org.au](mailto:boori@southcoastams.org.au)



What's been happening in our ↗

# Permanency Support Program (PSP)

## Update from Executive Officer

Tanya McGeachie

The Out of Home Care (OOHC) Program has continued to grow; we are now supporting 99 foster care placements in the Shoalhaven, Far South Coast and the Southern Tablelands.

We have recently employed new Permanency Support Workers (PSW's) for the program, Jayne Schober is the newest team member in the Nowra office, with Vicki Mancell commencing in her role in the Goulburn office. I would like to take this opportunity to welcome Jayne and Vicki to the team.

Staff development has continued to be a priority, with a number of staff currently studying Certificate IV in Community Services, through a partnership with TAFE NSW. We are also working in collaboration with SAL Consulting who have facilitated specific training courses relevant to the Community Services sector.

Our program has a number of wonderful partnerships with other organisations who provide OOHC services such as; CareSouth, William Campbell Foundation and Anglicare. Our partnership with these agencies has been established primarily to support the transition of Aboriginal Children in Non-Indigenous organisations to SCMSAC, however it has also provided opportunities for other inter-agency collaboration, which has been beneficial for all.

We continue to facilitate a number of programs throughout the year, such as Group Mentoring, Farm 4 Calm, Living Skills program, Cultural Camps and the School Holiday program.

**The Living Skills program** is a program that runs fortnightly for young people ages 15 – 17 who participate in practical sessions related to living skills. Activities include meal preparation, cooking, cleaning, self-care, resume and reference writing, and handing out resumes to potential employers. The program is facilitated at a number of different locations, with a house often being utilised to give the participants more of an opportunity to practice and develop their daily living skills.

During this year's NAIDOC week celebrations we also held our **Cultural Camp**. The kids that attended, participated in a range of cultural activities such as; a Johnny Cake making competition, clay bead activities and pattern making on paperbark. The feedback from both the kids and their carers indicated that they all had a great time and were looking forward to the next camp.

**The Out of Home Care program (OOHC)** is currently going through reaccreditation with everyone in the program busy working to ensure casework practice and service delivery is at the standard required to obtain reaccreditation. This process will ensure our kids continue to receive the highest level of culturally appropriate support they deserve.



## Useful Info For Our Carers

### When should I call the 'On Call' number?

Our On Call number (1800 726 722) is a direct free call to our after-hours operator. It should be called in the event of:

- ✓ Emergencies e.g. involving Ambulance, Police and Fire
- ✓ All hospital presentations e.g. admissions, treatment
- ✓ Missing or uncontactable child/young person
- ✓ Placement crisis's e.g., placement breakdown
- ✓ Family time changes (after hours)

*For all other matters, you can contact us during business hours on 1800 215 099.*

### Nowra Carer's Morning Tea

Our Nowra carers' morning teas are held on the third Friday of each month, we encourage all carers to join us.

**When:** 3rd Friday  
of every month

**Time:** 10am – 12 pm

**Venue:** Dish and Spoon Café  
1A Scenic Drive Nowra

## Carer Recruitment and Support

We are always looking to recruit new carers, with a great need for both full time and respite carers in all of our areas.

In supporting our existing carers, we rely on our wonderful respite carer's who we greatly appreciate. They help build connections to support networks and well balanced care arrangements for our children and young people.

### What support do carer's receive?

- ✓ Training
- ✓ On call support
- ✓ Financial Support
- ✓ Specialist Support
- ✓ Carer Networking Group

If you or your family are interested in offering support to children and young people in your community, enquiries can be made by contacting our office on **1800 215 099**, or you can email us at **psintake@southcoastams.org.au**

## Carer Meetings

Our carer meetings occur on a quarterly basis with alternating evening and day sessions. Meetings have begun in Batemans Bay and Bega, and we continue to explore ways to engage all our carers in these meetings.

Goulburn carer meetings continue to be a success, running alongside our Holiday Camp.

We are hoping to see a broader range of our carers attending our future meetings in all our regions, as we know how beneficial these opportunities for discussions and support can be.



## Carer Engagement and Consultation

To ensure that all SCMSAC staff and carers are achieving the best outcomes for all children, it is imperative that we work together as a team to consult and participate in a timely manner for the following;

- 🌀 Carer Reviews
- 🌀 Home Visits
- 🌀 Carer Reports
- 🌀 Behaviour Support Planning and Reviews
- 🌀 Case Planning Meetings
- 🌀 Carer Training

We would like to take the opportunity to thank you for your ongoing support to the organisation and your commitment to the children and young people you currently care for.

## Family Preservation, Family Support and CSS Update

Our Family Preservation program is growing and we have received additional funding to work with ten more families across the Shoalhaven and Far South Coast regions. We are currently in the process of recruiting a caseworker for the Far South Coast, and a Team Leader who will supervise the caseworkers across the Far South Coast and Goulburn locations. We would like to welcome our new Family Preservation Caseworker, Sarah Lindsay who will work out of the Nowra Office.

The Family Preservation Program has been making great progress, so far we have had 5 families that have closed due to the progress that they have made. We look forward to continuing to support families to keep their children safe at home.

The Family Support Program welcomed two new staff members in May, Cheryl Foster and Stacey Kelly. The team have begun running parenting programs, 'Bringing Up Great Kids' and 'Bringing Up Great Teens' in conjunction with CatholicCare, at the Jane Ardler Centre (JAC) on Thursdays from 1.30 to 4pm. New referrals to the Family Support Program are always welcome, through our intake process at the JAC.

Our Family Support team are now utilising CDS, the database used by OOHC. This means we can now share reporting requirements with the Department of Communities and Justice (DCJ) creating a streamlined IT solution for data capture and reporting.

Our CSS team continue to support the PSP team with transport and supervising Family Time visits, and in activities such as mentoring, the Living Skills program, School Holiday programs, and Cultural Camps. There have been several staff within CSS who have moved on to new positions within the organisation, so we have been busy recruiting new staff to ensure that the programs and services within CSS continue to be run smoothly and effectively for our kids and young people in care. We have recently interviewed staff for CSS work in Goulburn, and this will be a great opportunity for PSP to be able to provide more frequent services and programs in our rural locations such as Goulburn.



*Our caseworker Dan recently picked up some bikes for children in our programs, generously donated by Simple Cycles Wollongong, we cannot thank David and his team enough! David is a carer himself and understands how kind gestures like these can have a big impact on children. We know they will bring some big smiles and provide years of riding fun!*



# PYJAMA DAY

## FOR KIDS IN CARE

Our Permanency Support Program is always working hard to help our kids in care get the best support they can. So when the idea to get involved in Pyjama Day came up the PSP team were keen to get involved!

National Pyjama Day is all about wearing your favourite and comfiest Pyjamas or onesie to work or school to help raise funds and awareness for children in foster care.

The aim of the day is to raise as much funds as possible for The Pyjama Foundation's Love of Learning Program which is offered to children in foster care.

Without support and early intervention, many children in foster care go through a cycle of disadvantage; many kids in care don't end up finishing school and can either end up homeless, unemployed, or enter the juvenile justice system.

To break this cycle of disadvantage, education is crucial - so The Pyjama Foundation has set out to ensure as many foster kids as possible receive that one-on-one learning support that they don't often receive in a school-based setting.

With our staff, managers and the CEO decked out in ugg boots, dressing gowns and onsies, it was a funny looking office at North St! The morning tea gave us a good chance to yarn with the team, discuss ideas, raise money, and feel proud of the work we do.

We are looking forward to going bigger next year when we can get the whole SCMSAC team involved across all our locations.



"What we instill in our children will be the foundation on which they build their future."

National  
Pyjama Day  
[www.nationalpyjamaday.com](http://www.nationalpyjamaday.com)



"All kids need is a little help, a little hope and someone who believes in them."

National  
Pyjama Day  
[www.nationalpyjamaday.com](http://www.nationalpyjamaday.com)



Life is better  
IN PYJAMAS

National  
Pyjama Day  
[www.nationalpyjamaday.com](http://www.nationalpyjamaday.com)





## Ability and Early Links

Our team of Ability and Early Linkers have been powering along this year. We have successfully supported many clients in applying for and obtaining the NDIS, allowing greater independence, choice and control over their supports and ongoing wellness journeys.

We have also made great progress in servicing our other allocated areas such as Upper Lachlan, Crookwell, Goulburn, Queanbeyan and Batemans Bay. We are an integral part of the Police Aboriginal Consultative Committee in Goulburn and continue to build on our relationships on the Far South Coast.

Our team has participated in some amazing events hosted by SCMSAC such as the Sorry Day Bridge Walk, Boori Preschool SNAICC Day, as well as community events such as NAIDOC Day and the Regional NAIDOC Awards.

Linkers have also recently commenced Cert IV in Disabilities, allowing us to provide up to date and efficient support to our clients.

Some of our strong community connections include the Mia Mia Wellbeing Hub at Nowra East Public School, Services Our Way, Katungul Aboriginal Medical Service, Illawarra Aboriginal Corporation and Cullunghutti. We regularly attend the Shoalhaven Disability Forum Meetings, the SANDS Meetings and as of August will be attending the Eurobodalla Disability Inter-agency Network Meetings.

One of our greatest successes during this last quarter has been the approval of an NDIS Package for a client with psychosocial disability. This client had previously been declined so we worked very hard to overcome barriers and create better outcomes. We thrive on seeing our clients reach their goals whilst making positive, self-driven life changes and endeavour to continue to achieve these results. We are a positive team of Linkers and we credit our manager, NDIS Coordinator Carly Warner for building our team into what we are today.

Recently we have sadly farewelled Lizzy, one of our Linkers. Lizzy has moved on to NSW Health as an Indigenous Health Practitioner and we wish her all the best in her new role.

If you have a disability or if you simply need some extra support or advocacy, we are available to assist you.







# can you help?

## *Koori Kids need Foster Carers*

*There is currently a great shortage of foster carers for local Aboriginal children.*

*Our foster care program is currently recruiting people who can provide:*

- ✓ *emergency care*
- ✓ *respite care*
- ✓ *short term care* (working towards restoration)
- ✓ *long term care*




*We provide 24 hour on-call support, a generous tax free allowance, regular home visits and professional training.*



### BECOME A FOSTER CARER TODAY:

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Aboriginal Corporation



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 [psintake@southcoastams.org.au](mailto:psintake@southcoastams.org.au)





# NAIDOC

VOICE. TREATY. TRUTH

It was a fantastic week of celebrations for NAIDOC this year with many events held throughout the region.

Hundreds of locals packed the Nowra Showgrounds for the 2019 NAIDOC Week Funday. With a great program of singing and dancing, live music, wildlife, face painting, arts and craft, a jumping castle, and the Koori cook-off, the day was easy to enjoy!

Our team was there with plenty of activities and give-aways including a special lucky dip for all the kids.

Lots of kids enjoyed rock painting, and getting their hair sprayed in bold and bright colours by the SCMSAC team. Our Boori Preschool teachers were on hand to apply temporary tattoos along with our Tackling Indigenous Smoking team who had shirt making for our kids too.

Our Health and Wellbeing team was on hand to give health checks, as well as our Tackling Indigenous Smoking team who were offering great tips and resources for people considering quitting smoking.

There were delicious wraps for all as well as fruit and apple slinkies, which were a big hit.

Special thanks to everyone who painted their hand on our art boards to create two beautiful artworks that will be hung at one of our offices. We think they look deadly!

The best dressed baby competition was back again this year with some very cute Boori's making it a tough decision for our judges. Winners went home with a family pass to Roxy Cinema and Matty's Playtime, thanks to our wonderful sponsors. With the day being busier than ever, it was hard to get some pictures of the winning kids, we are hoping next year to get them on the stage so every one can see how cute and creative they all are!

The best part of the day was getting a chance to connect with community, celebrate culture, yarn with family, and see some old familiar faces again. We can't wait for next year!

Other NAIDOC events were held in the region with Wreck Bay kicking off the week with an amazing day of carnival fun, community BBQ lunch and elders performance. Our team also attended the Ulladulla and Moruya NAIDOC events which were a lot of fun too.











# Aboriginal Child Mentoring Program

School based mentoring and support



*The primary purpose of this collaborative in-school program is to provide a place for creative expression, to support Aboriginal children in their emotional day-to-day well-being and to assist in building cultural identity, positive self-esteem, resilience and personal empowerment. We also aim to increase engagement in school participation and attendance. The program utilises Mentoring and Art/Play-based Therapies, with children working alongside their Aboriginal Mentor and Child Therapist in a range of activities. The benefits of this therapeutic interaction, advocacy and mediation support also extends to the families, carers and wider community.*

## Mentoring

- Mentor Aboriginal children
- Increase & support cultural identity and pride
- Develop self-awareness for positive life choices
- Increase safety and resilience
- Develop and maintain trusting relationships
- Support and guidance for challenging behaviours

## Advocacy

- Advocacy for students & parents
- Advocacy for children & families
- Referral to service providers
- Building relationships
- Consultation with community elders
- Crisis intervention

## Education

- Remain engaged with education
- Provide cultural art and craft activities
- Cultural and community protocols
- Provide cultural workshops and events
- Increase school attendance and engagement

## Individualised Therapeutic sessions

- Appropriately trained staff
- Art, Clay & Child Play Therapy
- Culture-based nature craft
- Interactive activities to express feelings and support



For more information contact The Health & Wellbeing Team

South Coast  
Medical Service  
Aboriginal Corporation



☎ (02) 4448 0200 / option #1  
@ intake@southcoastams.org.au  
🌐 www.southcoastams.org.au  
f follow us: @scmsac ⓘ ICN 182



A little about ↪

# Health & Wellbeing

Our Health and Wellbeing team has focused on taking the time to consider not just the physical health of our clients, but the social, emotional, cultural and spiritual health of individuals too. Our holistic approach to health and wellbeing integrates with all our services. Not sure what we do? Here's a list of our services:

- ✓ GP Consultations and Outreach Clinics
- ✓ Health Assessments and Plans
- ✓ Wound Management
- ✓ Eye and Hearing Screening
- ✓ Immunisations
- ✓ Diabetic Educator
- ✓ Health Education
- ✓ Geriatric Program
- ✓ Podiatry
- ✓ Transport
- ✓ Chronic Care Support (Integrated Team Care)
- ✓ Dental Services
- ✓ Psychology
- ✓ Counselling
- ✓ Child Therapy
- ✓ Group Healing Programs
- ✓ Nicotine Replacement Therapy
- ✓ Case Management
- ✓ Referral and Advocacy Services
- ✓ Smoking Cessation
- ✓ Tackling Smoking Quit Groups
- ✓ School-based Child Wellbeing Program
- ✓ Men's, Women's and Youth Support Groups
- ✓ SMART Recovery Program (for problematic behaviours and addiction)
- ✓ Community Development



## Meet Our New Dental Team

We welcomed dentist Sunil and dental assistant Kelsey to the SCMSAC team earlier this year. They have been busy providing a range of services at the JAC dental clinic. The dental team currently provide the following treatments:

- Basic emergency such as pain, accidents and abscess
- Restorative, interceptive, minor surgical and preventative care including mouth guards
- Denture/Prosthetic services

*Contact us today to book your appointment!*



## Health Checks for Local Boys

On Friday 26th July, the Shoalhaven Clontarf Academy along with our Health and Wellbeing team completed the first round of Health Checks for some of our local boys. It was a very successful day, with a number of boys getting their checks completed. This is the first step in breaking down some of the barriers that prevent people from going to see the Doctor.

The photos show the boys who completed the health checks as well as a bunch of boys who got an information session from our Tackling Indigenous Smoking team.

We look forward to completing the rest of the Health Checks this year and continuing them annually. We are excited for what lays ahead with this partnership.





# Do you have a chronic disease?

*Do you need support with fuel, transport, gap fees?*



## We can help you with:

- Access to community based services
- Booking appointments
- Attending appointments
- Completing forms
- Talking with your GP
- Accessing medical aids
- Transport needs & costs
- Ongoing support

## Getting help with your health care

1

### FIRST STEP

Get 2 forms from your treating GP

2

### SECOND STEP

Give these forms to the Care Coordinators who will register you in the program

3

### THIRD STEP

The Care Coordinators will contact you or your carer to discuss your needs

4

### FOURTH STEP

Contact the Care Coordinators before making any appointments

(02) 4448 0200  
1800 215 099  
itc@southcoastams.org.au  
www.southcoastams.org.au

South Coast  
Medical Service  
Aboriginal Corporation





## Integrated Team Care

Our Integrated Team Care (ITC) program aim to achieve improved health outcomes for Aboriginal and Torres Strait Islander people who have one or more chronic disease or condition. We assist patients diagnosed with any recognised chronic condition and work together with recommended health professionals and specialists to improve overall health. We also help patients access supplementary services such as assistance purchasing medical aids and transport.

To be eligible for the program, Aboriginal and Torres Strait Islander people (of any age) need to have one or more of the chronic diseases or conditions such as:

- Brain diseases
- Lung diseases
- Kidney diseases
- Heart diseases
- Cancers

*A full list is available on request.*

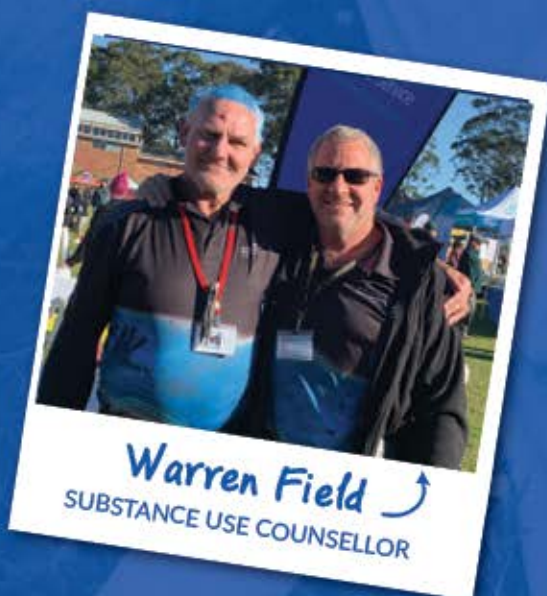
Recently our ITC and Tackling Indigenous Smoking (TIS) teams set up information stalls and community BBQ's at the Wreck Bay clinic, Jerrinja school house picnic area and the Jane Ardler Centre. The aim was to engage with the community and inform community members of the ITC program and the TIS services available to them. More visits to the community are planned throughout the year so check out our website or Facebook page to keep updated on when we'll be in your area.





Look who's in our ↪

# EMPLOYEE SPOTLIGHT



## *Tell us a little bit about your role at the SCMSAC*

I work as a Substance Use Counsellor, which involves motivating and supporting people to change their habits, using strength based and motivational techniques to reduce and cease Alcohol and substance use.

I facilitate the SCMSAC Men's Group every Wednesday which has a core group of 20 men and youth. The program is supported by external services including psychologists, sexual health and wellbeing services. The group has a 10 week plan which covers topics and educates men on issues such as: managing emotions, culture, being a role model and parent, meditation, anger management, responsible drinking, education, loneliness, hygiene, external services available, dental and general wellbeing. I have been fortunate to receive two awards for *Male*

*Health Worker of The Year* in 2017 and in 2019. I was part of the development of the SCMSAC DVD *Substance Use Workers Guide*, and I am also on the ADAN committee (Aboriginal Drug and Alcohol Network NSW).

## *What do you like most about your role?*

I mostly enjoy helping people understand addiction and trauma so they can move forward and heal. The team I work with are all wonderful caring people who give their best to the local community.

## *What is your proudest moment here at SCMSAC?*

My proudest moments are when our team helps a struggling community member become strong through the work, care and empathy given to them. I believe we have an awesome team who work so hard to improve the wellbeing of our community, we are making a difference.

## *What do you like to do when you're not at work?*

I am a keen fisherman, surfer, snowboarder, Rabbitohs fan who has eight grandchildren and six children who are now adults.

A tradition in our family is we all go out to the local bush and camp and teach the young ones about mother earth and the beautiful south coast.



## What's been happening in ↷ Human Resources

### New faces

Our organisation is continuing to grow with 29 new faces joining us since our last edition of Dharumbalink. We would like to welcome all our new staff members to the SCMSAC team!

We would also like to extend a warm welcome to Tamara Hopcroft who has recently joined our Human Resources department as a Human Resources Support Officer. Tamara is busy getting to know the team and is working on recruiting some deadly new staff members.

### Training

We are always striving to create a learning culture within our organisation. We believe it leads to improved performance, greater employee satisfaction, and a better service for our community. By supporting continuous learning for our team, we aim to ensure employees feel they are worth the investment and that our organisation is genuine about their career development.

Many members of our team recently participated in Cultural Learning Journey training, with trainer Belinda Kendall from Curijo. It was great to have staff from all sections of the organisation participating, and our CEO Craig Ardler. Craig was able to share his knowledge of local history, and the history of the organisation. Feedback from the training was very positive and we hope to offer similar training for our team in the future.

As always, we would like to send out a massive thank you to all of our employees, new and existing, for your dedication to providing incredible services and support to our community.

### New opportunities

We are continuously looking for passionate people to join our team. If you are interested in working with us, check out our website for current vacancies, or email through an expression of interest to:

[hr@southcoastams.org.au](mailto:hr@southcoastams.org.au)



# DO YOU WANT TO LIVE A SMOKE FREE LIFE?

## Tackling INDIGENOUS SMOKING

The South Coast Medical Service Aboriginal Corporation's Tackling Indigenous Smoking team are offering **FREE NRT products** to Aboriginal and Torres Strait Islander people in the Shoalhaven Area.

Come into the Jane Ardler Centre and speak to reception about getting your **FREE NRT Voucher** today!!!

Jane Ardler Centre,  
51-53 Berry Street, Nowra

## BE SMOKE FREE BE HEALTHY BE DEADLY!

For more info please contact the Health & Wellbeing Team:

☎ 1800 215 099 or (02) 4448 0200    🌐 [intake@southcoastams.org.au](mailto:intake@southcoastams.org.au)    ⓘ ICN 182



Australian Government  
Department of Health

South Coast  
Medical Service  
Aboriginal Corporation





# 10 common myths about SMOKING & QUITTING

✓ FACT

## MYTH ?

**Myth:** Using more than one form of NRT is unsafe. (such as a nicotine patch and the nicotine mouth spray)

**Fact:** **COMBINING MORE THAN ONE FORM OF NRT CAN BE USED SAFELY TO HELP YOU QUIT.**  
Combining a nicotine patch with the nicotine mouth spray, lozenge, gum or inhalator gives you better relief from cravings and nicotine withdrawal symptoms, increasing your chance of quitting. It also causes no significant increase in side effects.

**Myth:** Smoking helps to relieve stress.

**Fact:** **RESEARCH HAS SHOWN THAT SMOKING INCREASES STRESS LEVELS OVERALL.**  
Much of the apparent calming effect of a cigarette is simply due to the relief of symptoms (such as irritability, anxiety and restlessness) caused by nicotine withdrawal. Some of the relaxation comes from taking a break and a few deep breaths, not the cigarette itself. Smoking increases stress by causing frequent withdrawals periods during the day between cigarettes.

**Myth:** Champix (Varenicline) can make you depressed and suicidal.

**Fact:** **THERE IS NO SCIENTIFIC EVIDENCE THAT CHAMPIX CAUSES THESE SYMPTOMS.**  
There have been reports that some patients using Champix became depressed, agitated, had changes in their behaviour, suicidal thoughts or actually committed suicide. However, a careful review of all scientific evidence found no evidence that Champix was the cause.

**Myth:** Nicotine is the major toxic ingredient in cigarettes.

**Fact:** **THERE ARE 70 KNOWN CANCER CAUSING AGENTS IN TOBACCO SMOKE BUT NICOTINE IS NOT ONE OF THEM.**  
Nicotine is the addictive drug in cigarettes but it causes few other health effects.

**Myth:** Smoking just a few cigarettes daily is fairly harmless.

**Fact:** **THE RESEARCH SHOWS THE HEALTH RISKS FROM LIGHTLY SMOKING ARE SUBSTANTIAL.**  
Smoking only 1-4 cigarettes daily means you are 3 times more likely to die from heart attack, and 3-5 times more likely to die from lung cancer. Overall the risk of death compared to any non-smoker is increased by 57%. Other conditions with increased risk for light smokers include gastrointestinal cancers (oesophagus, stomach and pancreas), lower respiratory tract infections, cataracts, reduced fertility in men and women, ectopic pregnancy, placenta praevia and reduced bone mineral density.

**Myth:** Cutting down your cigarettes or smoking mild cigarettes reduces harm from smoking.

**Fact:** **CUTTING DOWN ON OR CHANGING TO Milder CIGARETTES DOES NOT IMPROVE YOUR HEALTH AND DOES NOT SIGNIFICANTLY REDUCE YOUR RISK OF DYING FROM SMOKING-RELATED DISEASE.**  
If you smoke fewer or weaker cigarettes, you smoke each cigarette more intensely to extract more nicotine and keep your nicotine level in your comfort zone. You take more and deeper puffs from each cigarette to compensate for the reduced number or weaker cigarettes.

**Myth:** Hypnotherapy and acupuncture are effective quitting strategies.

**Fact:** **THERE IS NO GOOD EVIDENCE THAT HYPNOTHERAPY OR ACUPUNCTURE ARE EFFECTIVE IN HELPING SMOKERS QUIT.**  
These treatments generally do no harm and some people will quit successfully due to the placebo effect. The most successful way to quit is using treatments proven to be effective.

**Myth:** Smoking while using NRT is dangerous.

**Fact:** **SMOKING WHILE USING NRT IS NO MORE DANGEROUS THAN SMOKING.**  
There has been studies that have shown no significant side effects from using NRT while smoking.

**Myth:** It is too late to quit. The damage is done.

**Fact:** **THE DAMAGE FROM SMOKING IMPROVES QUICKLY AFTER QUITTING AT ANY AGE.**  
Many of the negative health effects caused by smoking reverse quite rapidly after quitting. Quitting before the age of 50 reduces your risk of dying in the next 15 years by half. The benefits of quitting are greatest when you stop earlier. However, even quitting at 60 years of age increases life expectancy by 3 years, compared to those who continue to smoke.

**Myth:** Nicotine replacement therapy (NRT) is as harmful as smoking.

**Fact:** **NRT PRODUCTS ARE ALWAYS MUCH SAFER THAN SMOKING.**  
NRT replaces some of the nicotine your body receives from smoking but at a much lower level. Most of the harm from smoking is caused from the tar and carbon monoxide.

**BE SMOKE FREE BE HEALTHY BE DEADLY!**

☎ 1800 215 099 or (02) 4448 0200

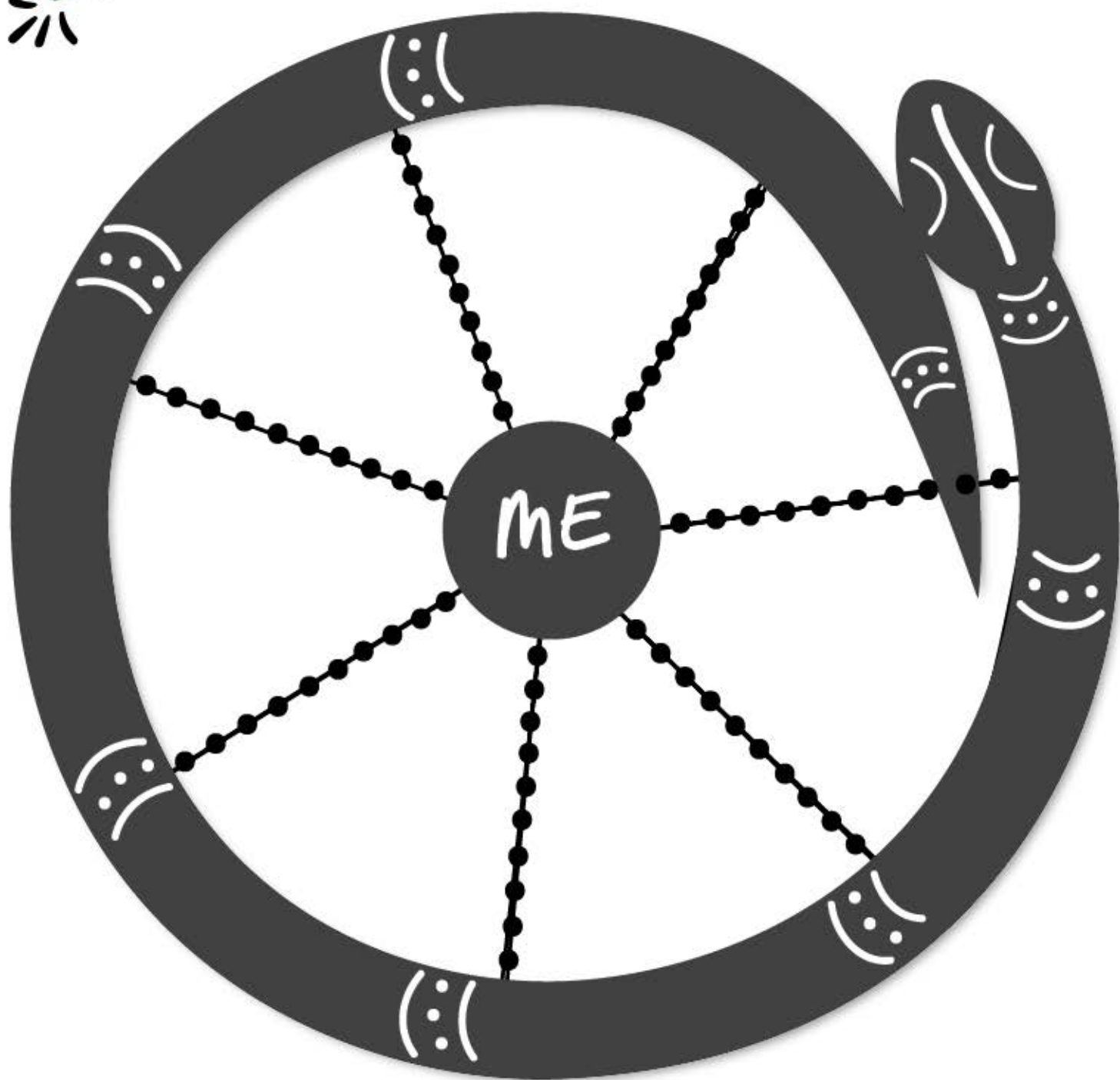
South Coast  
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# BOORI PAGES

Write, draw or create  
the special things,  
people places in your  
life, that make you you!





## Spirituality word search



Name: Malakai Nye  
Age: 5

### Meet Malakai...

**Q:** What's your favourite thing to do?

**A:** Go to the water park on a sunny day

**Q:** If you had one super power, what would it be?

**A:** To run super fast like Flash

**Q:** Where is your favourite place to go?

**A:** Camping in the bush with my family

**Q:** What do you want to be when you grow up?

**A:** I want to be a pilot and fly big big planes

Y	L	G	C	G	G	T	A	S	J	R	U	B	N	Q
Y	N	U	B	J	X	S	T	U	B	X	Q	E	T	F
P	O	R	N	E	P	I	T	E	U	I	G	L	Z	J
T	I	V	C	X	R	C	L	O	S	O	A	I	P	I
C	T	N	M	I	F	O	G	R	R	U	K	E	P	F
C	A	B	P	G	N	N	T	N	K	I	V	F	G	S
D	E	S	Z	G	P	N	G	M	I	T	E	S	M	M
C	R	K	I	E	S	E	L	U	P	M	Q	S	L	E
T	C	N	O	J	V	C	A	N	I	M	A	L	S	T
P	G	P	E	M	I	T	M	A	E	R	D	E	D	O
R	L	A	N	D	S	I	S	T	N	A	L	P	R	T
E	T	M	O	O	G	O	S	K	U	E	N	N	Y	D
H	L	X	M	W	J	N	L	O	G	R	A	R	E	E
Y	V	G	U	B	Z	Q	E	K	N	S	I	W	J	T
O	H	X	B	B	S	D	C	A	U	G	E	I	R	E

ANIMALS  
CONNECTION  
DREAMING  
PEOPLE  
SPIRITS

BELIEFS  
CREATION  
DREAMTIME  
PLANTS  
STORIES

BELONGING  
DANCE  
LAND  
SONG  
TOTEMS

My favourite thing to do is ....

### Joke Corner

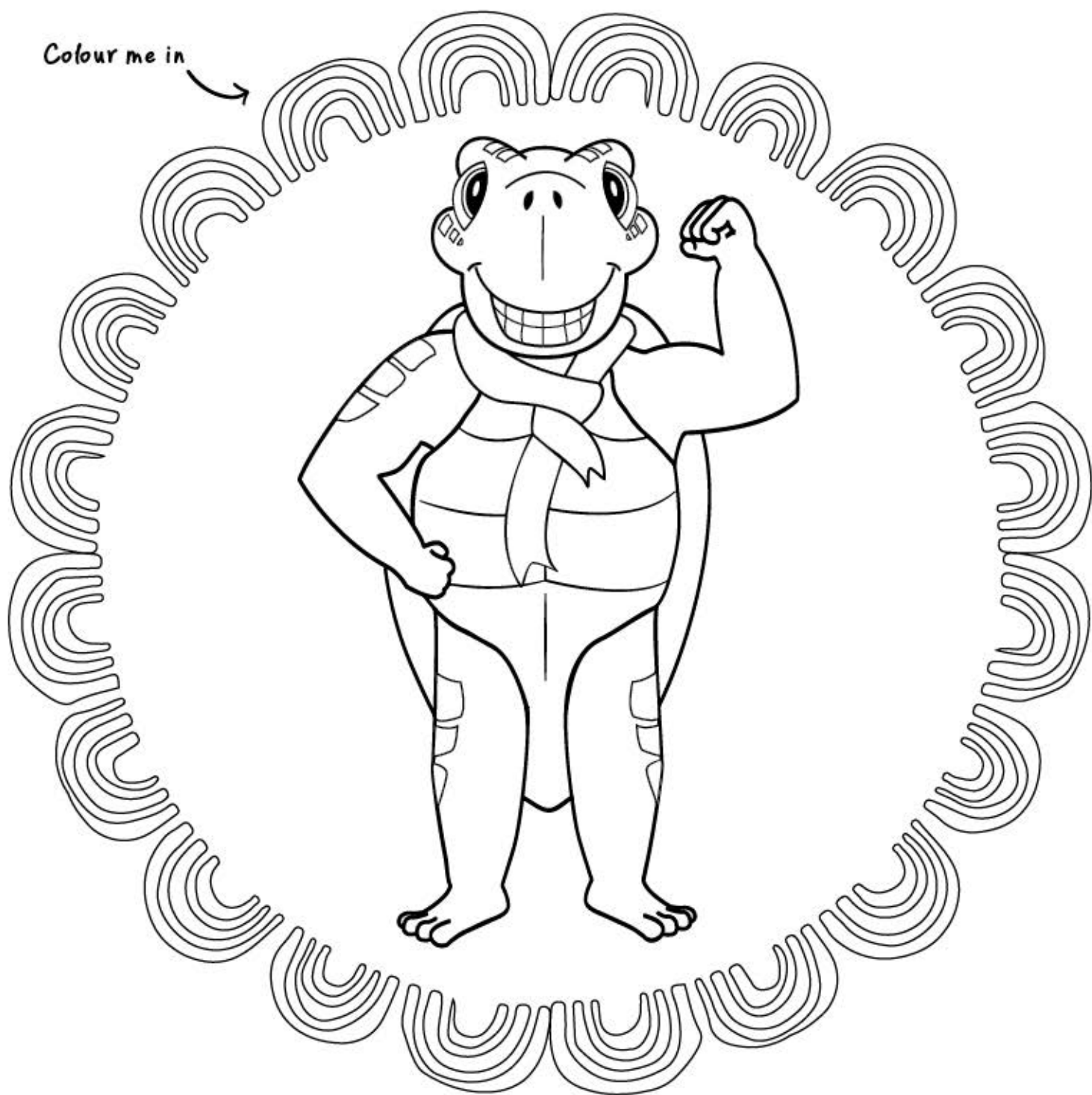
**Q:** Why did the cow cross the road?

**A:** To go to the mooovies!



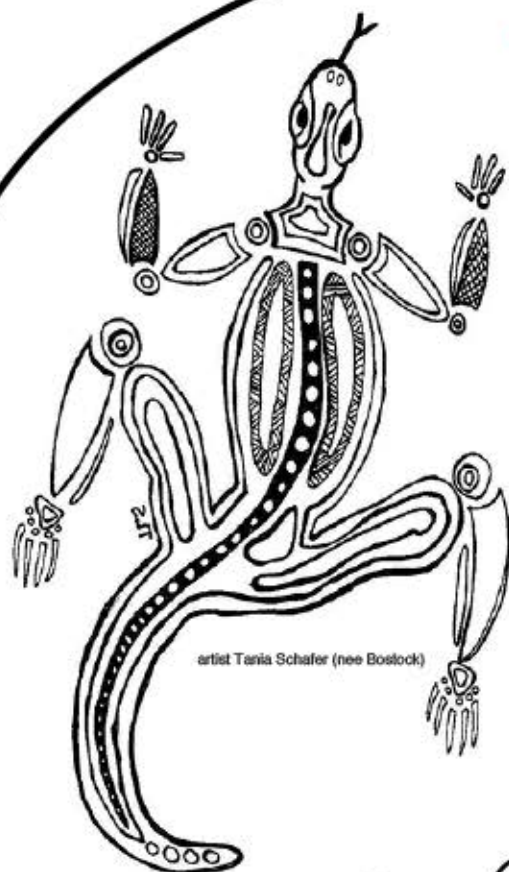
# STRONG, PROUD & DEADLY!

Colour me in



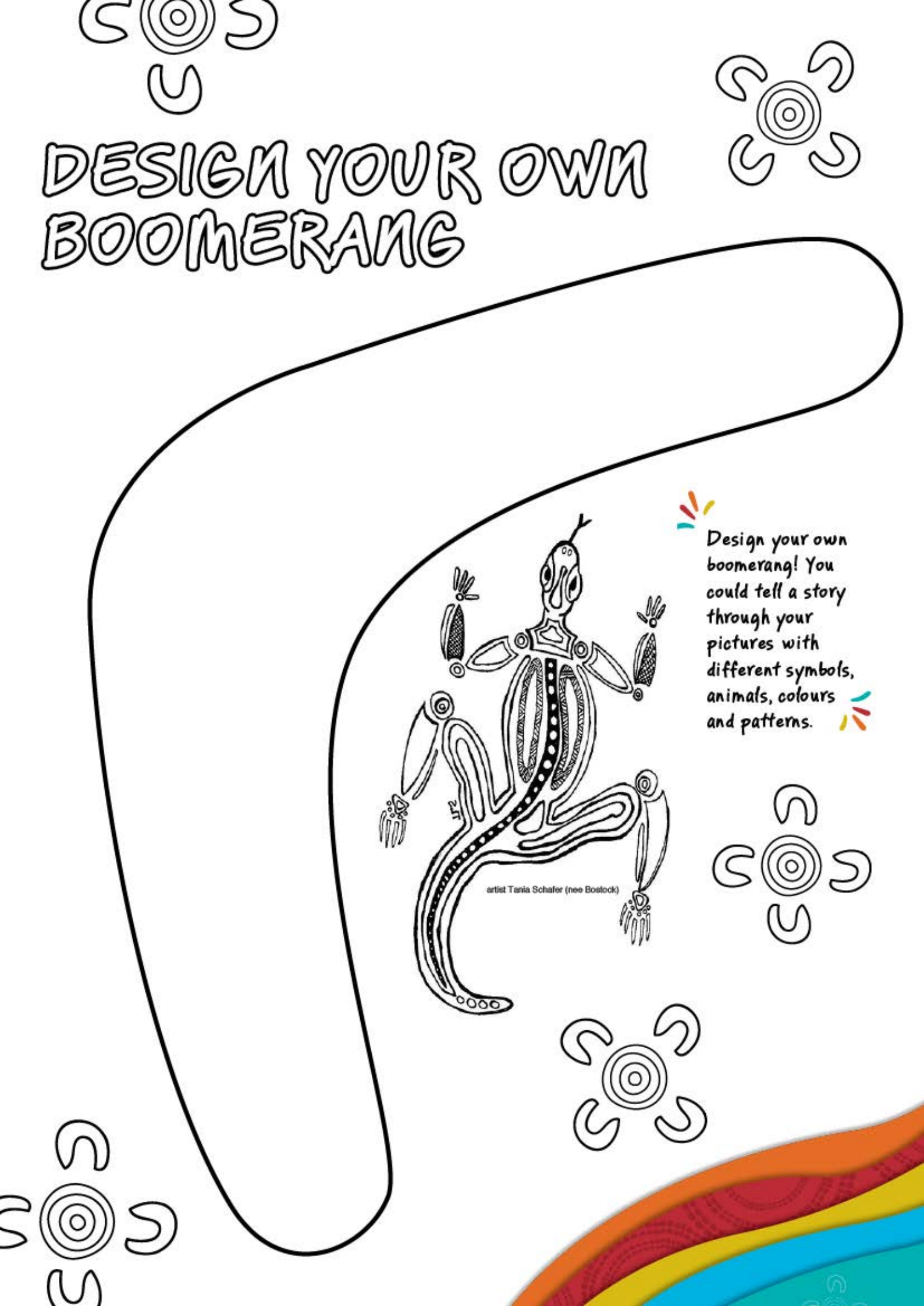


# DESIGN YOUR OWN BOOMERANG



artist Tania Schafer (nee Boslock)

Design your own boomerang! You could tell a story through your pictures with different symbols, animals, colours and patterns.







## GUIDELINES FOR APPLYING FOR CONFIRMATION OF ABORIGINALITY

**NOTE:** If you and/or your family lineage is not known by a member of the SCMSAC Board of Directors, your application for confirmation may not be successful. In such cases, we recommend that you apply to the Aboriginal Corporation in the area where you and/or your family are known.

### Why do I need to prove my Aboriginal and/or Torres Strait Islander heritage?

Your Aboriginal or Torres Strait Islander heritage is something that is personal to you. You do not need a letter of confirmation to identify as an Indigenous person. However, you may be asked to provide proof or confirmation of your heritage when applying for Indigenous-specific services or programs such as Indigenous health and wellbeing services, employment (Indigenous identified positions), school programs and scholarships for Indigenous students, university courses offering placements to Indigenous students, Centrelink and housing assistance offered to Indigenous people.

These services and programs are intended to help address the inequalities Indigenous people face as a result of past government policies, inadequate health care and lack of educational and employment opportunities. Requiring confirmation of heritage is about honouring this intention and ensuring that Indigenous-specific services and programs are actually benefitting Aboriginal and/or Torres Strait Islander people and communities.

### How do I confirm my Aboriginal and/or Torres Strait Islander heritage?

The following three 'criteria' are used to confirm Aboriginal or Torres Strait Islander heritage:

1. Being of Aboriginal and/or Torres Strait Islander descent
2. Identifying as an Aboriginal and/or Torres Strait Islander person
3. Being accepted as such by the community in which you live, or formerly lived

### How do I meet these criteria?

Knowing your family history is the key to obtaining Confirmation of your heritage. To establish that you are of Aboriginal and/or Torres Strait Islander descent, you must provide a *Family Lineage Chart* (e.g. a family tree) on the approved form. You will need to gather as much information about your family history and heritage as possible to complete the chart. This can sometimes be challenging. We have provided information on the back of the *Family Lineage Chart* to help guide you through the process.

### What if I am under 18 years of age?

If one, or both, of your natural parents have had their Aboriginality confirmed by South Coast Medical Service Aboriginal Corporation (SCMSAC), you are automatically eligible for confirmation upon supply of your Birth Certificate identifying your parent(s) by name. If you are able to, provide a completed Family Lineage Chart and/or a copy of your parents' Confirmation of Aboriginality, this will help us process your application.

If a Local Indigenous Community Organisation in a different region of NSW or Australia has confirmed your parents' heritage, we recommend that you apply to that organisation for confirmation.

### Who determines my application?

Applications (other than those submitted by persons under 18 years who are automatically eligible for confirmation), are considered by the SCMSAC Board of Directors at formal Board meetings.

### How long will it take to process my application?

Issuing Confirmations of Aboriginality is not the core business of SCMSAC and processing applications can take up to 8 weeks.

### What happens if my application is declined?

Consideration and approval of Confirmations is at the discretion of the SCMSAC Board of Directors, who may decline an application for various reasons. In particular, SCMSAC cannot issue you with a Confirmation if you have not provided sufficient evidence to establish that you meet the three criteria. If declined due to insufficient evidence, we will provide you with a brief explanation, so that you can obtain the required details and re-apply.





## CONFIRMATION OF ABORIGINALITY

**i** Please read the information in our "Guidelines for Applying for Confirmation of Aboriginality" before completing your application. Send your application c/- Executive Assistant at the address below.

| Name: \_\_\_\_\_ | D.O.B: \_\_\_\_\_

| Address: \_\_\_\_\_

### APPLICANTS 18 YEARS AND OVER COMPLETE THIS SECTION

I identify as: ☐ Aboriginal ☐ Torres Strait Islander ☐ Aboriginal & Torres Strait Islander

I am recognised as such by the \_\_\_\_\_ Community:

☐ where I have currently/formerly lived for \_\_\_\_\_ years

☐ which is my traditional area, or where my family has lived for \_\_\_\_\_ years

### APPLICANTS UNDER 18 YEARS COMPLETE THIS SECTION

My natural parent(s) named below, have confirmation of Aboriginality from SCMSAC

Parent(s) Current Name: \_\_\_\_\_

Parent(s) Former Name: \_\_\_\_\_

### ALL APPLICANTS COMPLETE THIS SECTION

I have attached the following documents:

☐ Family Lineage Chart (required) ☐ Birth Certificate (required) ☐ Other: \_\_\_\_\_

☐ I consent to SCMSAC retaining an electronic copy of this application.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### OFFICE USE ONLY

It is hereby confirmed that the above-named applicant has provided sufficient evidence to indicate aboriginality.

COMMON SEAL



| Resolution No. \_\_\_\_\_

| Date: \_\_\_\_\_

\_\_\_\_\_  
Name/Director

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name/Director

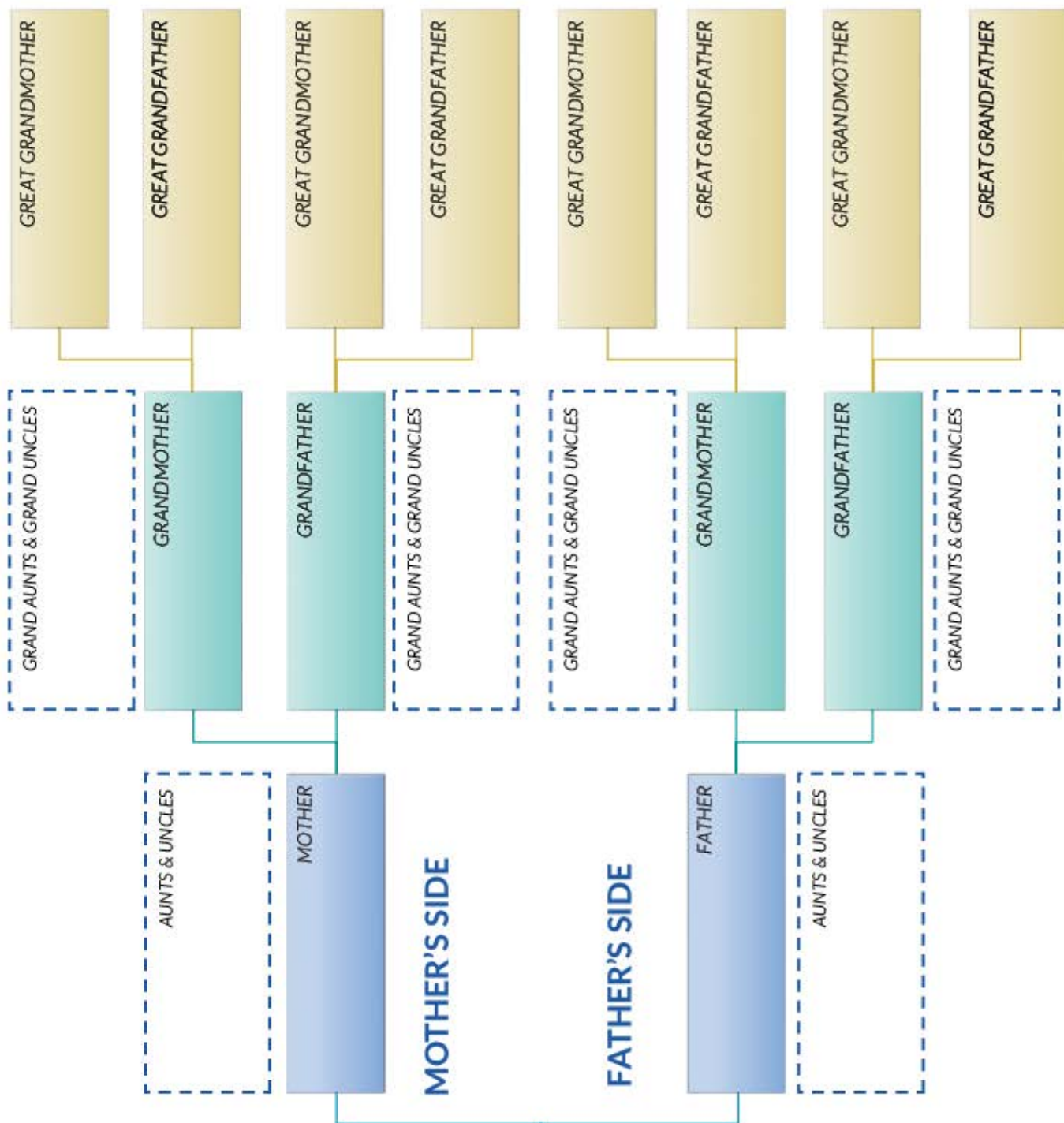
\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





# My Family Tree



Please complete as many boxes as you can. If you are having difficulty tracing your family history, the information on the back of this form may help.







## TIPS FOR COMPLETING “MY FAMILY” TREE

**i** *Tracing Aboriginal and Torres Strait Islander family histories poses a unique set of challenges. Below are some tips to help you find the information you need to complete your ‘My Family Tree’.*

1. **Start with what you already know:** What are your parents' names? When and where were they born? Do they have any brothers or sisters? Who are your grandparents? Write this into your chart.
2. **Talk to family and community members:** Stories passed down through your family, and interviews with family members, are a key source of information. Since the 1980s, many Aboriginal and Torres Strait Islander people have recorded the life stories of their family and those of other community members. These are useful when tracing your family history.
3. **Births, deaths and marriage records:** These records and certificates can help you fill in the blanks in your family tree. Each state/territory has a registry where you can apply for the certificates of your parents', grandparents', great grandparents' and so on.\*  
\*If they are alive, you will need their permission.
4. **Research your family's traditional area:** Contact the local historical society of the town where your family is from. These societies are a great source of local and family history. You can pay a small fee for them to do a search on your behalf, or you can become a member and access their resources and facilities directly. Many societies also have indexes to cemetery records, local newspapers etc.
5. **Expand your search:** Look for other sources of information. Historically, governments, organisations and individuals created records about Indigenous people. These include welfare and protection boards, adoption agencies, education and health departments, police, churches, missionaries, anthropologists and other academic researchers. Consider different types of records such as photographs, maps, genealogies.

### KEY POINTS TO REMEMBER WHEN RESEARCHING

**Name variations:** When you look for records, it is important to check all possible spelling and variations of a person's name. Your ancestors may have used, or been known by, many different names during their lifetime, including a traditional name, kinship name, nickname or married name. Employers or missionaries also changed the names of a child when a child moved to a foster home or training institution.

**Record and use all of the information you find:** Remember that brothers and sisters share the same cousins and grandparents. Sometimes it is possible to find out more about a particular ancestor, by looking into family members outside your direct lineage.

**Research one family line at a time:** It can be confusing to try to research your mother's family and father's family both at the same time.

**Be prepared for what you find:** Historical records about Aboriginal and Torres Strait Islander people often reflect the biased and racist views of the white officials, missionaries and station owners who created them, and may contain material, words and ideas that are derogatory and offensive. Records could also contain private and intimate details about you or your family members, or information that conflicts with and challenges, what you know about your family's history.

### Other Useful Resources

Australian Institute of Aboriginal and Torres Strait Islander Studies (AIATSIS) Family History Unit

| Freecall: 1800 352 553

| Email: [familyhistory@aiatsis.gov.au](mailto:familyhistory@aiatsis.gov.au)

| Fax: 02 6261 4287

| Website: <https://aiatsis.gov.au/research/finding-your-family>





## FEEDBACK AND COMPLAINTS

### DETAILS OF FEEDBACK/COMPLAINT

| Tick if you wish to remain anonymous: ☐ | Date: \_\_\_\_\_

| Name of person providing feedback: \_\_\_\_\_

| Address: \_\_\_\_\_

| Phone: \_\_\_\_\_ | Mobile: \_\_\_\_\_

| Type of feedback: ☐ Positive ☐ Suggestion ☐ Complaint

| Feedback from: ☐ Client ☐ Community ☐ Stakeholder ☐ Anonymous ☐ Parent  
☐ Other

| Details if other: \_\_\_\_\_

| Received as: ☐ Verbal | Details: \_\_\_\_\_  
☐ Written | Details: \_\_\_\_\_

### FEEDBACK/COMPLAINT (please add additional pages where needed)

| Post to: South Coast Medical Service Aboriginal Corporation,  
Executive Assistant,  
PO Box 548 Nowra NSW 2541

| Or email: [CEO@southcoastams.org.au](mailto:CEO@southcoastams.org.au)

| Other links include: Healthcare Complaints Commission <http://www.hccc.nsw.gov.au>  
NSW Ombudsman <https://www.ombo.nsw.gov.au/complaints>  
NSW Department of Education <https://education.nsw.gov.au/how-to-give-feedback-or-make-a-complaint>

### OFFICE USE

| Date Received: \_\_\_\_\_

| Employee receiving the feedback:  
(include name & signature)

SCAN HERE TO GIVE FEEDBACK ONLINE

or visit our website: [southcoastams.org.au](http://southcoastams.org.au)







## REGISTRATION OF INTEREST IN FOSTER CARE - page 1 of 3

I/ we have read the Information Pack for potential Carers, including "Matthew's Story" and: (mark one)

☐

I/ we would like to be contacted by a worker from your agency to arrange an Information Sharing Session

☐

I/ we have already arranged with your agency to attend an Information Sharing Session

ON DATE: ..... / ..... / .....

**1. Last name**

Person 1 ..... Person 2 .....

**2. First and middle name(s)**

Person 1 ..... Person 2 .....

**3. Home address**

.....  
.....  
.....

**4. Contact phone numbers**

Home ..... Person 2 .....

Work ..... Person 2 .....

Mobile ..... Person 2 .....

**5. Email address**

Person 1 .....

Person 2 .....

**SCAN HERE TO DOWNLOAD OUR FOSTER CARER BOOKLET**

or visit our website for details: [southcoastams.org.au](http://southcoastams.org.au)







## REGISTRATION OF INTEREST IN FOSTER CARE - page 2 of 3

6. Please complete table below for all members of your household

Name (first, middle and last name)	Date of birth	Male or Female	Relationship to Person 1	Relationship to Person 2

7. What language(s) do you speak at home?

.....

.....

8. Are you of Aboriginal background? (mark one)

☐ Yes      ☐ No

9. Are you of Torres Strait Islander background? (mark one)

☐ Yes      ☐ No

10. Have you or any members of your household applied to, or been authorised to be a Carer with any other agencies? (mark one)

☐ Yes      ☐ No





## REGISTRATION OF INTEREST IN FOSTER CARE - *page 3 of 3*

11. What type of care are you interested in applying for?

- ☐ Emergency care
- ☐ Respite care
- ☐ Interim/ restoration
- ☐ Long term fostering
- ☐ Fostering with a view to guardianship

Signature of Applicant 1 ..... Signature of Applicant 2 .....

DATE: ..... / ..... / .....

DATE: ..... / ..... / .....

**Please return by mail to:**

Manager: Permanency Support  
PO Box 548  
Nowra NSW 2541

**Or in person to:**

Permanency Support Manager  
Level 1, 73 North Street, Nowra

**email:** [psintake@southcoastams.org.au](mailto:psintake@southcoastams.org.au)





## APPLICATION FOR ADMISSION TO MEMBERSHIP TO SOUTH COAST MEDICAL SERVICE ABORIGINAL CORPORATION

South Coast Medical Service Aboriginal Corporation (SCMSAC) is a non-government, not for profit, Aboriginal Community Controlled Health Wellbeing and Community Services Organisation. We provide health and wellbeing services to Aboriginal and Torres Strait Islander Communities throughout the NSW South Coast.

With our ever-growing services, the best way to stay informed about goals, strategic plans, up-coming events and NSW services is by becoming a member.

If you are over 18, reside in the areas between Helensburgh, NSW and the Victorian border (South Coast, NSW) and are of Aboriginal and/or Torres Strait Islander descent, you are eligible to become a member of the first Aboriginal Medical Service that was established in the South Coast of NSW.

Other benefits include:

- Opportunity to attend, speak and vote at all general meetings
- Opportunity to provide feedback about the organisation at meetings
- Receive Dharumbalink magazine
- Receive updates via your nominated method.

| Name: \_\_\_\_\_

*If your application is accepted, we will post a welcome pack to you at the address below.*

| Address: \_\_\_\_\_

| Phone: \_\_\_\_\_ | DOB: \_\_\_\_\_

I, (applicant) \_\_\_\_\_, hereby apply for admission as a member of the South Coast Medical Service Aboriginal Corporation. I declare that I satisfy the membership criteria: If my application is accepted, I agree to abide by the Rules of the Corporation.

| Signature: \_\_\_\_\_ | Date: \_\_\_\_\_

### OFFICE USE ONLY

| Date Committee Meeting will consider the Application: \_\_\_\_\_

| Application: ☐ Accepted ☐ Rejected

| Member ID : \_\_\_\_\_

| Comments: \_\_\_\_\_

Chairperson's Signature: \_\_\_\_\_



# Shoalhaven Women's Group



SCMSAC Shoalhaven Koori Women's Group aims to support women with social health and wellbeing concerns such as substance use, self-esteem, depression, identity, relationships, work/life balance, family, job readiness, health and general wellbeing. The SCMSAC Shoalhaven Koori Women's Group will incorporate yarnning, art, craft and social activities whilst providing access to a range of services and supports.

- ☉ Meeting every Tuesday from 9:30am - 2:00pm
- ☉ Transport and catering provided
- ☉ Age 16+



For more information and referral to the SCMSAC Women's Group contact our Health & Wellbeing team



South Coast  
Medical Service  
Aboriginal Corporation



- ☎ (02) 4448 0200 / option #1
- @ intake@southcoastams.org.au
- 🌐 www.southcoastams.org.au
- f follow us: @scmsac i ICN 182





South Coast  
Medical Service  
Aboriginal Corporation



☎ 1800 215 099 or:  
☎ (02) 4448 0200  
@ admin@southcoastams.org.au  
🌐 www.southcoastams.org.au

SCAN HERE TO SAVE  
CONTACT DETAILS

